ADULT AT-A-GLANCE (19 years and older)

(continued on next page)

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Memb. Fee	Cmty. Fee	Location	Pg
Aquatics - Adult										
Adult Lessons		6:15-6:45 pm					25	75	Cool Pool	16
WIMPS		7:00-8:30 pm					FREE	n/a	Cool Pool	16
Aquatics - Therapeutic										
MS Aquatic Ex		10:30-11:15 am		10:30-11:15 am			24	72	Cool Pool	16
Fibromyalgia Aqua Ex	10:30-11:15 am		10:30-11:15 am		10:30-11:15 am		32	96	Warm Pool	16
Fibromyalgia Aqua Ex	5:15-6:00 pm		5:00-5:45 pm				24	72	Warm Pool	16
Slow & Easy	8:15-9:00 am		8:15-9:00 am		8:15-9:00 am		32	96	Warm Pool	16
Slow & Easy	10:30-11:15 am		10:30-11:15 am		10:30-11:15 am		32	96	Warm Pool	16
Slow & Easy	11:15 am-Noon		11:15 am-Noon		11:15 am-Noon		32	96	Warm Pool	16
Slow & Easy	5:15-6:00 pm		5:00-5:45 pm		5:00-5:45 pm		32	96	Warm Pool	16
Slow & Easy		11:15 am-Noon		11:15 am-Noon			24	72	Warm Pool	16
Aquatics - Wellness Classes										
Ai Chi				8:30-9:15 am			18	54	Warm Pool	17
Ai Chi		6:30-7:00 pm					18	54	Warm Pool	17
Yoqua		9:30-10:15 am					18	54	Warm Pool	17
Yoqua		6:00-6:30 pm					18	54	Warm Pool	17
Deep Water Exercise	7:30-8:30 am		7:30-8:30 am		7:30-8:30 am		32	96	Cool Pool	17
Deep Water Exercise	8:30-9:30 am		8:30-9:30 am		8:30-9:30 am		32	96	Cool Pool	17
Deep Water Exercise		8:00-9:00 am		8:00-9:00 am			24	72	Cool Pool	17
Deep Water Exercise		4:00-5:00 pm		4:00-5:00 pm			24	72	Cool Pool	17
Deep Water Exercise						8:30-9:30 am	FREE	*	Cool Pool	17
High Energy	10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		32	96	Cool Pool	17
High Energy	6:30-7:15 pm		6:30-7:15 pm				24	72	Cool Pool	17
High Energy		8:00-9:00 am		8:00-9:00 am			24	72	Cool Pool	17
High Energy						8:30-9:30 am	FREE	*	Cool Pool	17
Water Walk	8:15-9:15 am		8:15-9:15 am		8:15-9:15 am		32	96	Cool Pool	17
Hydro-Tone		9:15-9:45 am		9:15-9:45 am			24	72	Cool Pool	17
Sports										
Tae Kwon Do	6:00-7:00 pm		6:00-7:00 pm				40	80	Mississippi Room	18

*Aquatic Punch Pass required, see page 16.